

# Contact Us

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# EDIBLES

What are the risks?



# 7 harm reduction tips for Edibles

1. Always read the label properly – strengths of THC can range from 75mg to 600mg.
2. Edibles have to go through the digestive system so can take 1-4 hours to take effect.

3. Don't use alone... Eating THC based edibles is more intense than smoking so make sure you stay in a safe space with friends you trust.
4. Avoid mixing edibles with alcohol or other drugs.
5. Take tolerance breaks... regular use can cause mental health problems.
6. Always store your edibles safely. Younger children could think they are sweets and the effect on a younger child could be dangerous and scary for them.
7. THC gummies are illegal and a Class B drug but CBD is legal for over 18's as long as they contain 0.3% CBD.

We do not promote the use of illegal substances. This content has been created strictly for harm reduction purposes, and you should note that the only way to be perfectly safe using substances is to not take them at all.